

fast track to fabulous total immersion program



take control
live strong



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What is Hypnofit's Fast Track to Fabulous?

As a passionate and committed therapist, Founder of Hypnofit, Helen Mitas has helped hundreds of people radically enhance their Energy, Vitality and Motivation through her renowned personal Hypnofit Wellness Programs and Fast Track to Fabulous workshops.

At one stage in her life Helen was depressed, overweight and completely unfulfilled.

With courage to try everything, strong will and determination, Helen embarked on her wellness journey. After 17 years and significant financial investment Helen has pioneered a simple 6 step program to help you get the same magical results.

I KNOW YOU....

- YOU are intelligent & have so much more to achieve
- YOU constantly hold yourself back and don't know why
- YOU know what to do but you don't know HOW to do it

Are you ready to become the BEST & most FABULOUS version of yourself?

It is time to get out of life's Traffic Jam and into the Fast Track to Fabulous.



IT IS TIME FOR RADICAL CHANGE IN YOUR LIFE!

FAST TRACK TO FABULOUS 2 DAY TOTAL IMMERSION PROGRAM

The 6 Steps to Fabulous

How we move from feeling overwhelmed, anxious & fearful to empowered, confident & control

10 Principles of Fabulous People

Adopt the 10 things that fabulous people live their lives by

The 6 Secrets to Staying Happy

Learn the 6 things that will allow you to stay happy in your life.



Decide

- Ⓞ How to make the Decision to Change
- Ⓞ Learn how to TAKE RESPONSIBILITY
- Ⓞ Debunking Excuses
- Ⓞ Associating Pleasure & Pain with your actions
- Ⓞ How to FOCUS on what you WANT not what you do NOT want
- Ⓞ Connect with the purpose of your goals
- Ⓞ Creating SMART goals



Awaken

- Ⓞ How the Subconscious & Conscious mind works
- Ⓞ Building a foundation for living an empowered life
- Ⓞ The concept of Failure
- Ⓞ 6 Basic Human Needs
- Ⓞ Asking the right questions to get the right results
- Ⓞ Perception is Projection
- Ⓞ Our Internal Filtering system
- Ⓞ How to take positive life lessons from all the events in our life no matter what happens!
- Ⓞ The Power of Self Talk
- Ⓞ Eliminate the BLOCKS and LIMITING BELIEFS which hold you back
- Ⓞ Get REAL about TIME – TIME MANAGEMENT like you have never seen it before



Evolve

- Ⓢ How to embrace change
- Ⓢ How emotions can be controlled
- Ⓢ How to eliminate anxiety instantly
- Ⓢ How to break habits that do not serve you

Embrace Change

- Ⓢ Dealing with opposition
- Ⓢ Dealing with frustration
- Ⓢ Dealing with mistakes
- Ⓢ Finding alternative approaches
- Ⓢ Mental Training

Embed Change

- Ⓢ Consistency
- Ⓢ Accountability
- Ⓢ Growth
- Ⓢ Strategies to embed growth

Adopt

- Ⓢ Adopt the 10 PRINCIPLES of fabulous people
- Ⓢ Empowering Tips & Strategies you can use NOW



Who is Helen Mitas?

Helen is a Clinical Hypnotherapist and Wellness Leader based in Melbourne, Victoria.

Helen has the passion and expertise to help you overcome your battle with depression & anxiety as well as release destructive habits.

HELEN'S QUALIFICATIONS

- Diploma of Hypnotherapy
- Master NLP Practitioner
- Master Time Line Therapist
- Certificate of Sports Nutrition
- Certificate IV in Workplace Training and Assessment
- Graduate Diploma in Education
- Bachelor of Commerce
- Member of Australian Hypnotherapists Association

WHAT SHOULD I EXPECT

- Ⓢ Learn the TRUTH about how to take control, making sure that you run your life and that your life does not run you
- Ⓢ Let go of the MYTHS that hold you back from achieving personal power
- Ⓢ Eliminate the BLOCKS and LIMITING BELIEFS that are holding you back
- Ⓢ Learn how to stop procrastinating & get moving
- Ⓢ Learn about the 6 SECRETS to staying happy
- Ⓢ 2 days that **WILL CHANGE A LIFETIME!**

START YOUR JOURNEY

Helen's passion is to help you to achieve your true potential and overcome limiting beliefs, just as she has done with her own life and the lives of thousands of her clients. She has felt honoured to be a part of their journey to wellness and freedom as she will be with yours.

Call Helen NOW on 0409 938 589

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